CONCERNING HEALTH and BEAUTY By Mrs. Henry Symes

HROAT BEAUTIE







Prolitable Star Gazin



N OW that the "season" is in full swing and evening dress benothing but the low collars, and not compress the neck in any way. Meanwhile, the problem is to hide the

As to the front and the obnoxious

out swathing the neck. Fasten in back by a flat pin and you are armed against critical observers.

than the flesh and drawn smoothly, yet

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than the flesh and drawn smoothly, yet not overly tight, over it. These "hallu-clinations" give the effect of beauty without the trouble of procuring it. But much the more sensible way is to make the "throat beautiful" permanent and real.

is not becoming to you, a plain velour felt or beaver shape is just as good. It can be kept on the head firmly by a broad elastic band and hatpin. Riding gloves should be quite large, and can be either the gauntlet or the regular short type. With this costume a riding crop is necessary, and also boots, either tan or black, patent leather or calfskin. Comfort should be your first consideration, and a neat, modish appearance your second.

A Book on Etiquette

A Book on Liquette
Dear Mr. Adams.

1. Will you kindly tell me where I could
get a book on etiquette?

2. Several of my boy friends have asked
permission to take me to a theater some
night. I do not like to mention the affair to
them again, but they never state the night.

3. When a young man escorts a girl to
some social agrain such they when about
the thank him? Should she sak him to
call again? DREAMY EYES.

1. I cannot mention the name of
any establishment, but all bookstores
have a collection of books on etiquette
from which you could make a selection.

tion.
2. Do not remind them of their suggestion, but let them make a specific engagement.
3. When he is leaving her she may thank him. She may say she should be glad to have him call some time.

Writing Paper

Dear Mrs. Adams.

I have received a box of beautiful writing paper with a neat floral design on the front page of each sheet, and also on the back of the envelope. Will you please tell to come the correspondence?

Yes, it may be used for personal correspondence.

To Organize a Club

Der Mrs. Adams.

I am a young girl 15 years of age. My parents both work and I have to stay at home. I am rather lonesome and I wish to organize a club of a few young girls of my age. Will you kindly send me the rules for organizing a club, telling the amount of rees and what would be the control of the club to the club to the control of the club?

Where can I send for plus for the club?

Where can I send for plus for the club?

Where can I send for pins for the cust S. B. S.

First of all. a temporary president should be elected, who can take charge of the meeting. Then a permanent president, secretary and treasurer should be elected and each one assigned her duty. The amount of fees may be determined by the cincumstances of the girls, each one being allowed to vote. Ask a jeweler for a catalog from which you can choose pins.

Chocolaie and crackers, or tea and sandwiches, may be served for refreshments.

Acknowledging Gifts

sent to the different members of the bride-proom's family? J. M. C.

The gifts should be acknowledged as noon as they are received, whether they arrive before or after the cere-mony. It is never-kind to delay this tet, for it keeps the donor in suspense and may cause anxiety if he or she is not assured that the gift has reached its destination safely. If the members of the groom's family have sent gifts separately, each one should be written an informal note. If one gift has been sent by the family, then one note, ad-lressed to the mother, will suffice. You should request, however, that your

Received No Invitation

ANSWERS TO BEAUTY QUERIES

To Sweeten the Breath

How long will it be before new hair will start to grow? It is rather oily and is hard to dress neatly.

My breath is very bad most of the time. What could I do to relieve it?

INTERESTED READER.

INTERESTED READER.

It is not necessary for you to take anything internally. Daily massage with cocoa butter and practicing deep breathing will develop the bust.

Here is the recipe for an excellent nonic, which I urge you-to rub into the scalp every day. I cannot say just how long it will take to produce a new growth, but faithful attention will bring quick results. To give the halr life and to increase its length brush it thoroughly every night before retiring.

Quinine Hair Tonic

Diseases of the mouth and stomach, neglected teeth, tartar and the abuse of rich dishes are causes of a bad breath, and it is quite necessary that the cause be cured before the breath will become sweet. Find out whether you need to visit the physician or the dentist.

Nose is Broad

Dear Mrs. Symes.

My nose is very broad, not by nature,
but has become so itself. Is it good
to squeeze it between the ingers? What
shall I do to bring it to its normal
shape?

What do you advise me to do to reduce the hips?
How can I remove blackheads?
How can I remove blackheads?

How can I remove blackheade?

VERY ANXIOUS.

Gently squeezing and massaging the nose may restore its normal shape.

Here are several exercises that will reduce the hips:

1. Bring the knee up to the chest, remaining perfectly eract. Practice in already the movements.

2. Trace movements.

2. Trace ands on hips shoulders well back. Raise ands on hips, shoulders well back. Raise ands of the chest, of the chest, and give a high, quick adequite the right foot, then with the left.

3. Take standing position, hands on hips, and rotate the hips, bending the lates and keeping the chest and shouldes used in the chest and shoulders used in the section and restate. Bending exercises also are good.

Following is the recipe for a blackhead cure:

Green Soap Treatment for

Green Soap Treatment for Blackheads

To Darken the Hair

Will you kindly tell me if the inclose ecipe will darken the hair? Mine is turn ng gray. ANXIOUS READER Yes, the recipe is good for the pur-

The Veins Are Noticeable

Dear Mrs. Symes.

My hands are very soft, but the veins are always so noticeable. What can I do to prevent this?

The skin on my face is very rough. How can make it amount but large? I am If and am not fully developed. READER. and am not fully developed. READER.

Your skin is evidently very transparent. I advise you to massage your hands daily with a good cold cream.

To have smooth skin one should be very careful of the soap ahe uses. Buy the best and purest. It is also necessary to thoroughly rinse all traces of the soap from the skin, for if it is not washed off the skin will dry and crack. Before retiring apply a lotion made of rosewater, glycerin and benzoin. I do not advise one of your age to do anything to develop her bust. Nature should be given a chance to work unhampered.

Oily Skin

Dear Mrs. Symes.

My skin is oily and full of pimples. Kindby give me a remedy for this.

What will reduce the size of the nose if it has lately become large? X. Y. Z.

Before retiring cleanse your face with hot water and a pure soap. Rinse and dry the skin and then apply the lotion for which here is the recipe:

Boracle acid. Boracle seld 1 dram
Distilled witch hazel 2 sunces
Rosewater 2 ounces Rosewater To avoid pimples you should not est rich and greasy foods. First find out what caused the enlargement of the nose and then find a cure. I advise you to consult a physician about this matter.

Pimples and Dark Skin

Dear Mrs. Symes.

I am if years sid and weigh 150 pounds.

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I weigh too much?

My skin is very dark; will peroxide whiten it? What will take the purple marks away after the pimples disappear?

Have you anything that will close the porte in the face?

Tou weigh about twenty pounds too much. The only thing I can suggest is that you exercise freely.

If your skin is naturally dark, nothing can be done to whiten it. If your skin is tanned, wash the face daily in buttermilk. Too constant use of peroxide may make the skin dry. The purple marks will gradually disappear, but to heal the spot apply witch hazel.

The delly application of the lotton. pear but to hear the appearance hazel.

The daily application of the lotion for which I am giving you the recipe will improve the condition of the

Lotion for Enlarged Pores

Roric acid 1 dram
Distilled witch hasel 4 ounces
Apply with a piece of old linen or a bill
of absorbent cotton.

come a commonplace, the girl se neck and throat have been seemingly spoiled by high stocks feels sadly unfashionable. On the one hand she must wear the stiff and ungain-ly collars no longer in style; on the other she must expess to the world a neck yellowed, too fat or too thin, and often badly wrinkled.

Massage will either reduce or increase the size of the neck; gentle massage is a fat producer, and vigorous massage a fat destroyer. With the first method use cocoa-butter, unless you are afraid of raising hair; in that case substitute vegetable cold cream. Try for the second a cold water massage, dipping stroke and working with the flat paims.

the hands in very cold water at each stroke and working with the flat palms. Always massage in curved lines, from the chin down, around and up. This will reduce a double chin much more quickly than any system of caps and bandages.

Another flesh reducer that will strengthen the muscles of the neck and give a firm pose to the head is the "stargazing" exercise. This consists in lookening straight upward and then down, alternating in quick and vigorous succession some ten times at each practice period. By the way, singing and deep breatiting exercises are both just what the scrawny-necked girl needs to build her up. Thus are there exercises for both excess and deficiency of flesh. The tanned neck, or the throat that shows the usit collar line, can be bleached by the use of peroxide of hydrogen, with the addition of two drops of ammonia. Sponge this on the neck night and morning and let if dry on the skin.

Alternate this with the throat steaming, which both reduces and whitens the neck. For this, wring out a towel in very hot water and apply it to the neck and throat as if ironing. The water anough be as hot as can be borne and the rubbing movements hard and strong. Five minutes of this before the peroxide and ammonia application (and, by the way, lemon juice is almost as good, though not so lasting; will give you a pretty, white throat in six weeks.

If you must bleach your neck immediately, and feel that your skin is strong enough to stand it, dip a lime in sait and rub it on. Then wash in hot water, dashed on, and massage with cold cream. If, on the other hand, your skin is very delicate, try mixing lanolin with the peroxide.

you must, whenever possible, wear

process of transformation. In the back, process of transformation. In the back, the little "spit-curis" are the solution. Make them by means of the curling iron, if they do not come naturally, and cluster them all around the bottom of the coffure in enough "admired disorder" to give the effect of nature.

collar line, get an extra wide veil and pin it over the brim of your hat. Let it be loose enough in front to be folded

Mrs Chester Adams

most scretially invites her frie to bring to her their Social Robbins and Deplexities

by letter at any time

LITTLE ANNOYANCES

HAVE you ever had your nerves worn to shreds by the unthinking actions of a friend or a stranger in your vicinity? I wish to talk to

you today of little annoyances that, separately considered, seem very trifling and too small to object to, but when taken in a collective group lead on to wide fields of & cussion.

on to wide fields of a cussion.

There's the tapping or drumming with fingers or any object on a table, the hack of a chair or a door. It may serve for an outlet of nervous energy on the part of the drummer, but what does it do to the hearers? I am not naturally nervous, but I know others who are, and a few can be worked into a state of exhaustion and nervous despair at the hands of a thoughtless person. There is the keynote of our little talk, thought-lessness. The man or woman who bangs the door, who ratties the boxes in the cupboard or who kicks the car seat on which you happen to be does not think of the effect of his or ber, actions on other people. But he should No one who is a single atom in the great mass of humanity can act alone and without a certain amount of influence.

Peroxide and Ilmanoms for Bleaching twice in a soft line that will hide with-

Indeed, some women have gone so far as to cover their neck and shoulders with a thin net in a shade a bit lighter

ence on others around him. No one has a right to annoy others and then plead as lack of thought. Every person has rights that must be respected by his neighbors. In no other way can there

be social harmony.

The law has taken some points into

its own hands. A barking dog and an annoying boy are now, in most places, legally restrained to keep the peace. But there are still culprits and disturbers of the peace that

should be checked in their thought-

Are you one of the forgetful ones?

Are you one of the forgetful ones?
Do you talk at the top of your voice at all hours and in all places? Do you push others in a crowd? Do you push others in a crowd? Do you drum on the window pane in a car? Do not make the mistake of thinking that only one instance is met in a day.

I know of one woman who made her first trip into the country after a complete nervous breakdown. She arrived after a journey of five hours, a physical wreck, Latter on, when she was able to recall that trip, she said that the whole thing was "a night-mare of annoyances." A little boy drummed at her back; a man rattled a newspaper with maddening frequency, and finally roiled it up to beat a tattoo on the glass. Two young sirls chattered and siggled so that she wanted to scream, and one woman insisted upon conversing with her about ill health. It took one week to place that weary traveler back in fair condition. The people didn't think.

tink. There always will be individuals

less careers.

ADVICE ON SOCIAL CUSTOMS who are selfishly centered and who see nothing beyond their own little

circles. Let me urge you to a careful self-examination. If you have any annoying habits, begin now to cor-

rect them. Help to decrease the ap-palling number of little annoyances

that exist in everyday life. SOLUTIONS TO SOCIAL **PROBLEMS**

Fans

DEAR Mra Adam.
Please tell me the proper way fans
are carried or worn at formal gathertags.
AN INTERESTED READER.
Some interest the fan is worn on a
chain, and then again it is merely,
carried in the hand.

The Correct Dress

The Correct Dress

Dear Mrs. Adams.

Kindly inform me as to the correct dress, hat, shoes, etc., for a woman who rides horseback.

The most sensible outfit is of rough woolen goods, the skirt divided if you ride astride, saddle-back otherwise, with no superfluous material. The coat should be strictly mannish in cut, that is, cut away at the lower edge in rounded lines. The pique or linen stock collar, with a pissin pin, is the most suitable style to wear, with a shirtwaist underseath the coat. The derby hat for woman is now low crowned and has quite a wide straight brim; but if this style